

# FLIGHT JACKET

Vol. 10 No. 31

Marine Corps Air Station Miramar, Calif.

August 15, 2008

## IMA positions now available

**LANCE CPL. CHRISTOPHER O'QUIN**  
Combat Correspondent

Marines wear their uniforms with pride. The decision to continue wearing it or trade it in for a suit and tie can be difficult to make.

For those deciding to "Stay Marine" or enter the workforce as a civilian, there is one more option Marines can consider if they just aren't ready to leave their active-duty counterparts.

Marines can join the ranks of the Individual Mobilized Augmentees and continue to serve along side active-duty Marines.

The IMA is part of the Selected Marine Corps Reserve and enables active-duty units to sponsor reserve Marines.

"An IMA Marine serves in the Selected Marine Corps Reserve, however they serve with an active-

GO TO IMA, PAGE 3

## Chargers 'bring it' to Miramar



Staff Sgt. Leonard Langston

Sgt. Richard McGinn (left), a radio repairman with Headquarters and Headquarters Squadron here, plays the role of offensive lineman and blocks Cpl. Joseph Evans (right), an avionics technician with Marine Medium Helicopter Squadron 166, Marine Aircraft Group 16, 3rd Marine Aircraft Wing, from sacking Chargers quarterback Philip Rivers here Friday. The two Marines were participating in a walk-through practice the San Diego Chargers held in appreciation of service members in the San Diego area.

## 'Evil Eyes' assist with golf tourney

**LANCE CPL. CHRISTOPHER O'QUIN**  
Combat Correspondent

**MARINE CORPS BASE CAMP PENDLETON** — Making their presence known, Marines with Marine Medium Helicopter Squadron 163, Marine Aircraft Group 11 (Reinforced), 3rd Marine Aircraft Wing arrived at the Marine Corps Memorial Golf Course here, Aug. 12., on a CH-46E while golfers welcomed their arrival to the 6th annual All American Golf Classic.

The "Evil Eyes" grand entrance marked the beginning of the Great Friends Foundation charity tournament which raised more than \$60,000 in donations for the Wounded Warrior Regiment and other charity organizations.

"The command said they

GO TO GOLF, PAGE 6

## Miramar welcomes Marines home

**LANCE CPL. CHRISTOPHER O'QUIN**  
Combat Correspondent

More than 200 Marines and sailors with 3rd Marine Aircraft Wing and I Marine Expeditionary Force arrived Aug. 7 at Marine Corps Air Station Miramar from Iraq as the sun rose over the horizon, in the early morning.

For the last seven months, station Marines, provided aviation support for U.S. and coalition forces participating in Operation Iraqi Freedom.

"Our squadron was able to

provide support while operating and maintaining an average 85 percent mission capability," said Lt. Col. Marc C. Howell, the aviation maintenance officer with Marine Wing Headquarters Squadron 3, 3rd Marine Aircraft Wing. "All of our successes are because of our Marines and sailors and the hard work they put in."

During the homecoming, Marines were greeted by family

GO TO HOME, PAGE 7



Lance Cpl. Christopher O'Quin

More than 200 Marines and sailors with 3rd Marine Aircraft Wing and I Marine Expeditionary Force exit an aircraft after arriving at Marine Corps Air Station Miramar Aug. 7. The Marines returned from a seven-month deployment to Iraq in support of Operation Iraqi Freedom.

### MCAS Web site

Want to know all the buzz? Then check out the Flight Jacket online.

www.miramar.usmc.mil



### DON'T TRASH YOUR E-WASTE

Electronics do not belong in the dumpster. E-waste is easily recycled and fines are easily avoided. For full story, see page 10.



### MARINES JUMP INTO FITNESS

Need a break from monotonous exercises? Join Sports Complex Personnel for Fit and Functional classes. For full story, see page 8.

### REACH US

EDITORIAL  
858-577-6000  
ADVERTISING  
619-758-9278  
760-754-2995



Have a great story idea?



Contact:

**FLIGHT JACKET**

Email us at [fjeditor@gmail.com](mailto:fjeditor@gmail.com)  
or call (858) 577-6000 to give us  
your story ideas.

For advertising in the Flight Jacket, please contact Krista Lafferty  
at (619) 758-9278.



Maj. Gen. Terry G. Robling  
Commanding General  
3rd Marine Aircraft Wing



Col. Christopher E. O'Connor  
Commanding Officer  
MCAS Miramar

- Maj. Jay Delarosa  
Public Affairs Director
- Master Sgt. Robert Knoll  
Public Affairs Chief
- Staff Sgt. Bobbie Bryant  
Press Chief
- Stephanie A. Golubski  
Editor
- Lance Cpl. Austin Goacher  
Assistant Editor

The Flight Jacket is published every Friday at no cost to the government by TFM Associates, a private firm in no way connected with the Department of the Navy or the U.S. Marine Corps under an exclusively written contract with the U.S. Marine Corps.

This civilian enterprise newspaper is an authorized publication for the military services, contents of the Flight Jacket are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, Department of the Navy or U.S. Marine Corps. It is for informational purposes only and in no way should be considered directive in nature.

The editorial content is edited, prepared and provided by the Public Affairs Office. Comments or questions should be directed to 858-577-6000. Questions regarding the appearance of advertising in this publication, including inserts or supplements should be directed to TFM Associates at 619-754-2995.

Everything advertised in this publication must be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap.

# “Star Wars: The Clone Wars” revisits long ago in a galaxy far, far away



Jedi Master Obi-Wan Kenobi voiced by James A. Taylor duels with Asajj Ventress, a Sith warrior voiced by Nika Futterman, during one of the main battles of the film. The movie takes place between “Star Wars Episode II” and “Star Wars Episode III” and chronicles part of the war between the Republic and the Separatists.

## LANCE CPL. CHRISTOPHER O'QUIN Combat Correspondent

Not too long ago, at a station theater not too far away, Marine Corps Air Station Miramar families had the chance to see Lucasfilm’s latest exploration into the Star Wars universe.

“Star Wars: The Clone Wars” takes place after the events of “Star Wars Episode II” and before the events of “Star Wars Episode III.” The galaxy is divided, with those loyal to the Republic waging a war against the Separatists seeking to form their own form of government.

The film starts out with a big break from the traditional Star Wars rolling text introduction and replaced them with a World War II style battle update.

Those who felt the latest two movies lacked enough battles will find this movie to have an abundance of interstellar warfare. The first ten minutes throws the audience into a dire struggle between clone troopers and battle droids. I was drawn into each fight like a moth to a flame.

The rest of the film revolves around Jabba the Hut’s son being kidnapped by Separatists, led by dark Jedi. Anakin Skywalker and his new apprentice Ahsoka Tano must then get the Hutling back or risk future problems for the war effort.

While it is somewhat cliché, I found myself pleased with the end of the movie.

On a technical level, the animators took the art style of the Cartoon Network mini-series

bearing the same name and rendered into a 3-D format that looks fresh and epic. Kudos to the animators for walking the fine line between realistic and cartoonish art. Everything is well choreographed. The sound mixing is great, with the crisp sounds of blasters shooting and lightsabers cracking against each other. The target audience is more for kids but if you are a Star Wars fan, you’re going to love it anyway.

Dave Filoni directed the film and the “Star Wars: The Clone Wars” mini-series however George Lucas still added his input on the story.

Actor Matt Lanter lends his voice to Skywalker’s role instead of Hayden Christensen, with voice actors playing many other parts. Samuel L. Jackson reprises his role as Jedi Master Mace Windu,

as does Christopher Lee as the evil Sith, Count Dooku and Anthony Daniels as the robot C-3P0.

On the negative side the creators use corny dialogue to break up action sequences, which for a children’s movie is no real sin. However I was more into the movie’s battles. I almost forgot about the inevitable plot in future Star Wars movies. The movie makes a great escape for the family.

With plenty of great action, stunning visuals and decent voice work I give “Star Wars: The Clone Wars” five out of five chevrons.

“Star Wars: The Clone Wars” is rated PG for sci-fi action violence throughout, brief language and momentary smoking.



Capt. Rex, a clone trooper with the Republic, leads his warriors in an assault against a monastery controlled by Separatist droids.

## Religious Services

The Chaplain’s Office, located in building 5632 on Bauer Road, coordinates regularly scheduled services. For the location and meeting schedules of religious activities, contact the Chaplain’s Office at 858-577-1333, or visit [www.miramar.usmc.mil](http://www.miramar.usmc.mil).

### Sunday:

- 9 a.m. Protestant Worship Service
- 9:30 a.m. Protestant Children’s Worship
- 11 a.m. Roman Catholic Eucharist
- Religious Education/Sunday:
- 9:30 – 10:45 a.m. Catholic CCD Children K-12
- 10 a.m. Protestant Adult Bible Study

### Wednesday 6 – 7 p.m. Baptist Service

### Weekday Worship Service:

- Monday – Friday 11:30 a.m. Catholic Mass
- Monday 6:30 p.m. Contemporary Praise and Worship Service
- Wednesday 7 p.m. Baptist Service

### Islamic Worship Service:

- Islamic Center of San Diego 858-278-5240
- [www.icsd.org](http://www.icsd.org)

### Jewish:

- Jewish Outreach at 858-571-3444
- [www.jewishinsandiego.org](http://www.jewishinsandiego.org)

Do you have a cartoon you’d like to see featured in The Flight Jacket? Contact Lance Cpl. Austin Goacher at 858-577-6000



Staff Sgt. Robert E. Little, an aircraft electrician with Marine Fighter Attack Training Squadron 101, Marine Aircraft Group 11 (Reinforced) 3rd Marine Aircraft Wing, secures barrel nuts to the panel of F/A-18C on the flight line, August 5. Little serves as an Individual Mobilization Augmentee in the Selected Marine Corps Reserve and serves with active-duty Marines while maintaining a flexible schedule.

Lance Cpl. Christopher O'Quinn



## IMA, CONTINUED FROM PAGE 1

duty unit with flexible drill and training days,” said Staff Sgt. Douglas N. Levesque, a prior service recruiter with the Reserve Support Unit, Marine Corps Installations West. “This means the Marine has the flexible hours to attend school or pursue another career. Reserve Marines not in the IMA don’t always have this much flexibility, which makes it highly sought after.”

As long as the sponsoring unit receives what it needs and the reserve Marine meets annual drill and training requirements, it does not matter whether the Marines perform their duties on particular days, weeks, or months, added Levesque. An IMA Marine can serve their required drill days consecutively or space them out. IMA Marines serve in the reserves but unlike other reservists, they serve with a non-reserve unit.

Other incentives that make the IMA highly desired include the same benefits Marines receive from the Marine Corps Reserve.

Service Members Group Life Insurance and the Thrift Saving Program are among these benefits.

The IMA program not only helps the individual Marine, it also helps the sponsoring unit by adding experience and manpower.

“It’s a huge benefit for Marine Fighter Attack Training Squadron 101 because of the highly qualified and knowledgeable Marines who are working,” said Navy Cmdr. William E. Powers, the executive officer with VMFA(T)-101. “It’s a win-win situation for the Marines and the squadron.”

Currently, IMA Marines fill more than half of the 30 positions with and Marine Light Attack Helicopter Training Squadron 303. The squadrons began offering the positions a few weeks ago. Marines can serve in a number of positions including airframe mechanics, aviation electricians and several other aviation related jobs.

“The benefit of working with VMFA(T)-101 is that I can work consecutive days instead of the one weekend a month, two weeks a year. There’s less catch up for me when I

work,” said Staff Sgt. Robert E. Little, an aircraft electrician with VMFA(T)-101, who serves as an IMA. “When I’m not with 101, I am working with aircraft at the Fleet Readiness Center Southwest, Naval Air Station North Island. I receive two paychecks. Serving in the IMA is a once in a great while opportunity.”

Lt. Col. Lee Ackiss, the commanding officer with the RSU and former IMA program manager with Headquarters Marine Corps pushed for, and laid the ground work for IMA billets in 3rd MAW.

“This is the first time IMA Marines have supported 3rd MAW training squadrons and I hope we can extend IMA positions to other squadrons,” said Ackiss. “Our motivation is to take care of our fellow Marines and facilitate their future. It’s about helping them help themselves and the Marine Corps. Having them contribute to the 3rd MAW squadrons is a big plus for the fleet.”

Marines interested in learning more about the IMA program can contact the prior service recruiting office here at 858-577-8343.

# Museum to host final Cockpit Days of summer

**LANCE CPL. CHRISTOPHER O'QUIN**  
Combat Correspondent

Visitors of the Flying Leatherneck Aviation Museum here will have one last opportunity this year to climb into the cockpits of three military aircraft.

August 23-24 mark the museum's last Open Cockpit Days.

The event allows visitors inside the cockpit of an F-5 "Tiger II," a Douglas F4D-1 "Skyray" and a CH-46. The aircraft reside at the museum among more than twenty-five historic Marine Corps aircraft on display.

"I think it is great that we can climb into the same aircraft that has seen so much history," said Sara Zimmer, in a recent visit. "The fact that they were able to preserve them so well is amazing.



I think it's great for the kids."

Throughout their visit during Open Cockpit Days, people can also speak with pilots and former Marine aviators about the aircraft and listen to stories.

"It's a good opportunity for the adults to learn the history of the aircraft and for the kids to enjoy climbing inside them," said Ron Lewis, a guide with the museum.

"Each aircraft has its own story and we get to share it with the public."

"Lady Ace 09," which now sits at the museum, is a CH-46 that flew one of the last evacuations from Saigon during the Vietnam War. For Graham Martin, the U.S.

Ambassador to South Vietnam, the aircraft was his last ticket out of the country, April 30, 1975. United States involvement in the war ceased when Marine Corps Capt. Gerry Berry, actually lifted Martin with "Lady Ace 09."

Many of the aircraft date back to before World War II and others span through decades of history. After getting a close look of the aircraft people can tour the museum and observe other parts of Marine Corps aviation history.

"I invite people to see our Marine heritage," said Steve Smith, the curator for the museum. "It's a great hands on way to learn about the Marine aviation."

Admission is free and the Flying Leatherneck Aviation Museum is located off Miramar Road. The museum cannot be accessed from the air station. For more information about Open Cockpit Days, call the museum office at 858-693-1723.



Lance Cpl. Christopher O'Quin

Ron Lewis, a guide at the Flying Leatherneck Aviation Museum, explains the role of the F-5 "Tiger II," during the Vietnam War, to Eddie Brandis, a visitor to the museum during Open Cockpit Days, Aug. 10. Countries around the world still fly the "Tiger II."

# Navy casts away winter blues, summer whites

**MC3(SW) ADAM HENDERSON**  
Correspondent

Sailors stationed aboard Marine Corps Air Station Miramar can now wear the new Navy Service Uniform.

According to Navy Administrative Message 190/08, as of July 31, sailors are able to purchase the new uniform at local exchanges in the San Diego area.

The service uniform is for year-round wear and replaces the summer white and winter blue uniforms. It is authorized to be worn for office work, watch standing, liberty or business ashore when prescribed as the uniform of the day.

Existing E1-E6 summer white and winter blue uniforms will continue to be authorized for wear until the July 2010 mandatory wear date.

"They look more comfortable and they will be easier to maintain and work in because of the new col-

ors and materials used to make them," said Seaman Elizabeth Carrasco, a hospital corpsman working at the MCAS Miramar dental clinic. "They also look more professional in my eyes."

This is only one of the new uniform changes that Navy personnel are going through. The next being the Task Force Uniform is also scheduled to hit local exchanges in late 2009. The TFU will replace the working utilities. It can be worn for ship and also shore. Coveralls are still available for wear aboard ships.

"The new uniforms will be made available using Navy Exchange Uniform Centers and temporary off-site locations until all regions have been fully outfitted," said Vice Adm. John C. Harvey, the Navy's chief of personnel, in NAVADMIN 004/08.

For more information on the new Navy uniforms and roll out dates refer to NAVADMIN 004/08, or contact a local career counselor.



*Petty Officer 3rd Class Jhi L. Scott*

Petty Officer 1st Class Howard Williams, a personnel specialist, models the new E-6 and below Service Uniform. The SU is for year-round wear and replaces summer white and winter blue uniforms. The SU will be available for sailors living in California in July.



needed golfers and I play a little so I raised my hand,” said Sgt. Nathan W. Perry, the intelligence chief with the squadron. “Coming out here and playing with some of the wounded Marines is very humbling. You can’t forget the guy who has gone before you.”

More than 130 golfers chipped their shots at the tournament. More than 30 participants were Marines either with the Wounded Warrior Regiment or from local Marine Corps installations. Service members paired up with civilian golfers who donated contributions to the cause to play 18 holes.

“The service members played for free, ate free food and received free golf equipment,” said Roxanne Thompson, the executive director with the Great Friends Foundation, the radio hosts’ charity organization.

At the end of the tournament

the radio hosts and the golf clubhouse treated the Marines to a free dinner of ribs and chicken.

“This was a great day for us,” said Sgt. Matthew B. Borre, a combat engineer with the Camp Pendleton Wounded Warrior Regiment. “It’s been great playing with the civilians and the Marines. The Marines made one hell of an entrance arriving in the helicopter.”

Not only did the squadron tee off the tournament but they also delivered sports radio commentators Scott Kaplan and Billy Ray Smith, with radio station AM 1090 who founded the charity organization and hosted the event.

“My hats off to the ‘Evil Eyes’ for helping with the tournament,” said Thompson.

The first place winner of the tournament drove off in a Scion xB with other top competitors receiving golf equipment and other prizes.



Lance Cpl. Christopher O'Quinn

A CH-46E belonging to Marine Medium Helicopter Squadron 163, lands near the golf clubhouse at the Marine Corps Memorial Golf Course aboard Marine Corps Base Camp Pendleton, Aug. 12, before the start of the 6th annual All-American Golf Classic. Marines with the squadron lifted radio hosts Scott Kaplan and Billy Ray Smith, with AM 1090, to the tournament and played for the charity event.

HOME,

CONTINUED FROM PAGE 1

members, friends and loved ones at the Visiting Aircraft Line and Passenger Terminal here.

"I'm so glad my husband is back," said Lauren Hagood, wife of Cpl. Nicholas Hagood, a supply clerk with MALS-11. "Now that he's back, we are going to go home and visit family we haven't seen in a year."

Adding to the festivities, one Marine decided to re-enlist and have his promotion ceremony on the flight line after getting off his flight.

"I appreciate everyone's help in making it happen," said the newly promoted Master Sgt. Jeffery C. Whitlock, the maintenance administrative chief with MWHS-3. "What more appropriate time and place to have these kinds of ceremonies than at a homecoming."

After a two week rest and recuperation period, the Marines will return to work.

More squadrons from Marine Air Control Group 38, Marine Aircraft Group 16, and Marine Aviation Logistics Squadron 16 returned this week finishing the first half of the 3rd MAW deployment.



Lance Cpl. Christopher O'Quinn

The recently promoted Master Sgt. Jeffery C. Whitlock, maintenance administrative chief with MWHS-3, re-enlists into the Marine Corps along side his wife and children after stepping off a plane during a homecoming here, Aug. 7. His unit was able to provide support while operating and maintaining an average 85 percent mission capability during a seven-month deployment to Iraq.



## Warm up before stretching out

Do a light warm up before stretching out to prevent pulling a muscle. Also, remember to stretch after working out. Contact a personal trainer at the Semper Fit Center to learn more about the proper techniques of working out at 858-577-4654.



Lance Cpl. Austin Goacher

Cpl. Sean Davis, a radio repairman with Marine Wing Communication Squadron 38, Marine Air Control Group 38, 3rd Marine Aircraft Wing, performs an ammunition can carry during a Fit and Functional class here Wednesday. The class focuses on functional fitness exercises to help prepare for the upcoming Combat Fitness Test.

## ‘Fit and Functional’ class gets Marines ready for CFT

**LANCE CPL. AUSTIN GOACHER**  
Combat Correspondent

To help Marines preparing for the upcoming Combat Fitness Test, the Miramar Sports Complex began hosting Fit and Functional classes every Monday and Wednesday.

The classes, which run from 5:30 a.m. to 6:30 a.m., focus on improving a person's overall fitness level, by using functional fitness exercises. As many as 100 Marines can attend the class at one time.

“We’re seeing a change in fitness,” said Nicole Gilchrest, an instructor for the class. “Cardio, strength training and flexibility are important individually, but when they are combined they become functional fitness.”

The class consists of a variety of speed training, coordination drills and strength training emphasizing natural movements of the body, according to Gilchrest.

“This training is geared to have Marines train more like athletes so they can be better prepared for the CFT,” said

Gilchrest. “Running, doing pushups and crunches are great, but they aren’t functional, and a lot of the CFT is about functional fitness.”

The twice-a-week class uses equipment including kettle bells, medicine balls, bungee cords, and other workout equipment.

“All of the exercises are simple stuff,” said Gilchrest. “Most of it is done purely by using your body weight as resistance. Just because someone can bench press 200 pounds doesn’t mean they can lift their own body weight.”

Using functional exercises instead of traditional ones helps take Marines out of their old mentality of only working one part of the body at a time, explained Gilchrest.

“The Marines who do the class really enjoy it,” said Gilchrest. “The class is a lot of fun and I haven’t had a single person say they didn’t get a good workout.”

For more information about the class contact Nicole Gilchrest at 858-577-4129 or visit the Miramar Sports Complex.

# New changes to CFT, BCP

## LANCE CPL. MICHAEL STEVENS

Combat Correspondent

The Marine Corps recently released two All-Marine Messages, which reflect new standards for physical fitness and military appearance.

The messages elaborate on the development of a combat fitness test, tightened standards for body composition and the development of a military appearance program.

“Changes to the Marine Corps physical fitness program will certainly require Marines to modify current conditioning programs in order to improve combat readiness,” said Gen. James T. Conway, the commandant of the Marine Corps, in the message. “The CFT measures the physical fitness of Marines by using tests which reflect operational demands.”

The long awaited arrival of the CFT now has a face in the form of three events, which will begin to be evaluated on Oct. 1 of this year.

Events include an 880 yard movement-to-contact run while wearing boots and utilities, the repetitive lift of a 30-pound ammunition can for two minutes and a 300-yard maneuver under fire event consisting of a series of combat related tasks, including a combat crawl, ammunition resupply, body drag, casualty carry and grenade throw.

“Our fitness program was modified to reflect the same collaboration of effort found at the collegiate and professional sports level,” said Conway. “Integration of leadership, combat conditioning instructors,

Semper Fit, diet, nutrition, lifestyle sports medicine and other medial professionals is essential to the establishment of a comprehensive program.”

During the initial phase-in of the CFT, it will be a semi-annual event for active-duty Marines and an annual event for reserve elements. Beginning Oct. 1, 2009, scores are scheduled to begin to reflect in cutting scores and fitness reports.

Revisions to the body composition program and military appearance were established in the second ALMAR.

During the initial informal phase of the program, specific notification and cautionary periods, totaling 120 days, have been established for those who have been determined out of standards.

No formal admission to the body composition program will happen until after the 120-day period if no improvements have been made. Informal letters will be submitted to the Marine, but not in record books or unit diaries until after the informal phase.

“The commander also has the power, through the military appearance program, to determine that although a Marine is outside height-weight and body composition standards, that his or her uniformed appearance is commensurate with that of a squared away Marine,” said Conway.

For more information concerning the new Marine Corps physical fitness program, body composition program and military appearance program standards; refer to ALMAR’s 032/08 and 033/08.



Lance Cpl. Austin Goocher

Staff Sgt. Ben Terry performs a fireman's carry on Sgt. Joseph Senese, both with Marine Aerial Refueler Transport Squadron 352, during a training exercise at Mills Park, here, Tuesday. The carry will be one part of the upcoming Combat Fitness Test. Marines are scheduled to begin running the CFT in October.



# Electronics don't belong in trash



Courtesy photo/Environmental Department



Courtesy photo/Environmental Department

Hazardous material, such as anything with a circuit board (cell phone), cathode ray tube (computer monitor, T.V) or current transformer (microwave oven) should not be thrown in any military or residential dumpster. The station will not only receive a fine if these items get transported to the local landfill, but a cathode ray tube can contain up to 4 pounds of lead that can potentially contaminate the soil inside the landfill and poison the drinking water. Electronics can be taken to the recycling center where they are picked up by vendors who strip the valuable parts and return the money to the station. Cash accumulated from valuable materials found in the waste is used to fund recreational efforts, help run the recycling center, purchase giveaway prizes and t-shirts and will eventually be funneled back into the units. Items such as these should be taken to the recycling center in Bldg. 6310.

# Marines melt through problem; weld solution

**LANCE CPL. MELISSA TUGWELL**

Combat Correspondent, 3rd MAW Fwd.

## AL ASAD AIR BASE, Iraq –

For two Marine welders with 3rd Marine Aircraft Wing (Forward), creative thinking had a significant, positive impact on security measures here and could continue to benefit both the Corps and the welders in the future.

Sergeant Jason Walsh and Cpl. John James, metal workers with Marine Wing Support Squadron 172, put their heads together and modeled a bracket piece needed to mount security equipment on perimeter tower buildings aboard the air base.

The bracket solved a problem security forces ran into when they attempted to mount cameras, satellites and other security equipment on the rooftops of the towers. The tower tops were made of a thin metal which gave way when heavy equipment was mounted on.

When approached with the problem, Walsh and James measured the rooftops, gathered data about the weight of the gear needing mounted, analyzed the information and chalked up a design on the welding shop floor.

The Marines had to take into consideration the positioning on the tower, strengths of the tower, how to brace the brackets along with many more factors, explained Walsh, a 23-year-old native of



Lance Cpl. Melissa Tugwell

Sergeant Jason Walsh and Cpl. John James, metal workers with Marine Wing Support Squadron 172, Marine Wing Support Group 37, 3rd Marine Aircraft Wing (Forward), construct a smaller version of their bracket. The bracket afforded security forces a way to mount security equipment on top of towers around the air base.

Pomona, N.Y.

In a day's worth of brainstorming, they created a solution to the problem.

"I let my Marines think outside the box, I encourage them to use their own brains and not think that they can't make it work," said Gunnery Sgt. Fredrick Moyer, heavy equipment staff noncommissioned officer-in-charge. "They'll make it work."

With the walls of the towers

made of steel, Walsh and James determined "A" and "T" shaped brackets which stretched across the roof would effectively distribute the weight of the gear and allow for mounting on the towers.

"These brackets are extremely important because if they didn't have them, then they wouldn't be able to put the radar and cameras on top of the towers which would extremely weaken base security," said James.

Along with the ten brackets the welders have made so far, they also constructed stairs to facilitate access to the roofs for contractors who must mount and maintain the security equipment.

James' experience with welding prior to joining the Corps lends to his excitement about his job as a Marine.

"We work with many kinds of metal from steel to aluminum," said James. "We make repairs to any-

thing made out of metal and we can fabricate almost anything out of metal."

Welding requires metal workers to be knowledgeable in the areas of geometry for cutting shapes and configuring lengths and angles. Also, different metals require different degrees of heat in order to weld to other metals and materials, explained Walsh, so welders must have an understanding of the chemistry involved with manipulating metal.

"I like being a welder because I get to work with my hands and make anything I want out of steel," said James. "My imagination is my limit."

While both of them enjoy their job, both knew in high school they wanted to join the military.

"I was set on joining the Marine Corps," said James. "It's a sense of honor and I wanted to make myself better."

Walsh claims his promotion to sergeant as his greatest professional achievement thus far.

"I always aspired to be in the military," said Walsh. "Having responsibility makes you strive to be a better person and take on new challenges."

The Marines expect to return to Okinawa, Japan in October.

With the encouragement of the contractors and the squadron, the welders look forward to patenting their idea.





Lance Cpl. Christopher O'Quin

Cpl. Joseph Evans, a avionics technician with Marine Medium Helicopter Squadron 166, attempts to break through the Chargers defensive line during the Chargers walk-through practice here Aug. 8. This event marks the second time the Chargers team has visited the station for a walk-through practice.



Staff

San Diego Chargers kicker Nate Kaeding signs Sergio J. Smith, son of Master Sgt. Ana Smith, station chief, at a walk-through practice here Aug. 8.



Lance Cpl. Christopher O'Quin

(Above) Ladies with the Charger Girls Team, kick off the Chargers walk-through practice with a dance routine here, Aug. 8. Service members and their families were also treated to free hot dogs, soda and chips along with the opportunity to see the football team practice.

(Right) Sgt. Richard McGinn, a radio repairman with Headquarters and Headquarters Squadron catches a pass thrown by one of the Chargers as Cpl. Joseph Evans, a avionics technician with Marine Medium Helicopter Squadron 166, attempts to catch him during the Chargers walk-through practice here Aug. 8. McGinn and Evans won the opportunity to play with the Chargers through a prize drawing.



Lance Cpl. Christopher O'Quin

## San Diego Chargers' Calendar Season Schedule



8/16	5 p.m.	Chargers vs. Rams	Away	10/19	10 am	Chargers vs. Bills	Away
8/25	5 p.m.	Seahawks vs. Chargers	Home	10/26	10 am	Chargers vs. Saints	Away
8/29	7 p.m.	Chargers vs. 49ers	Away	11/9	1:15 pm	Chiefs vs. Chargers	Home
9/7	1:15 p.m.	Panther vs. Chargers	Home	11/16	1:15 pm	Chargers vs. Steelers	Away
9/14	1:15 p.m.	Chargers vs. Broncos	Away	11/23	5:15 pm	Colts vs. Chargers	Home
9/22	5:30 p.m.	Jets vs. Chargers	Home	11/30	1:05 pm	Falcons vs. Chargers	Home
9/28	1:15 p.m.	Chargers vs. Raiders	Away	12/4	5:15 pm	Raiders vs. Chargers	Home
10/5	10 a.m.	Chargers vs. Dolphins	Away	12/14	10 am	Chargers vs. Chiefs	Away
10/12	5:15 p.m.	Patriots vs. Chargers	Home	12/21	5:15 pm	Chargers vs. Buccaneers	Away
				12/28	1:15pm	Broncos vs. Chargers	Home





# Miramar MARINES

**LANCE CPL. AUSTIN GOACHER**  
Combat Correspondent

More than 2,000 active-duty service members, families and retirees, gathered at the parade field here, Aug. 8, to watch the San Diego Chargers walk-through a practice.

The free event was hosted by Marine Corps Air Station Miramar.

During the event, Philip Rivers, the team's starting quarterback, LaDainian Tomlinson, the league's leading rusher, and the rest of the team took to the field to show their appreciation for the service members. Prior to the walk-through, the Chargers Girls performed and both the Chargers and cheerleaders signed autographs.

"It's a great honor and a privilege to have the Chargers here," said Lt. Col. Jeffrey Koffel, the executive officer of the air station.

Members of the Wounded Warriors Battalion

also had a chance to talk to the players and had front row seats for the action.

"It's awesome that the Chargers would do something like this," said Sgt. Oscar Felix, who served with 1st Marines, 4th Battalion, prior to being injured and is currently part of the Wounded Warrior Battalion aboard Marine Corps Base Camp Pendleton. "It was exciting when LT came over and signed autographs and talked to us."

After a short presentation, Nate Kaeding, the kicker for the team, and other members of the special teams unit kicked off the hour-long practice. During the walk-through, each of the teams units performed a few plays for the crowd.

The team also ran a few plays with two Miramar Marines who filled in for actual NFL players. Sgt. Richard McGinn, a radio repairman with Headquarters and Headquarters Squadron, and Cpl. Joseph Evans, an avionics technician with Marine Medium Helicopter Squadron 166, got to

learn from some of the best players in the league, by warming up and running drills with the team.

"It was such a great privilege to be part of the Chargers walk-through," said McGinn. "Being from San Diego, this was a dream come true for me. I've watched the Chargers for so many years on TV, and to actually have been on the field with them, and have Philip Rivers throw me a pass and to get a few words from LT.... Wow! Go Chargers!"

McGinn caught the pass from Rivers, outrunning Evans, and scored a touchdown on the makeshift practice field.

After the practice ended, the cheerleaders signed more autographs before the Chargers organization departed MCAS Miramar.

The Chargers will perform a patriotic ceremony to recognize the service members who live in San Diego during their Aug. 25 game against the Seattle Seahawks.



Lance Cpl. Christopher O'Quin

Cpl. Aaron Castanon, with the Wounded Warrior Regiment at Camp Pendleton stands with quarterback Philip Rivers during the Chargers walk-through here Aug. 8.



Lance Cpl. Austin Goacher

Quentin Jammer, a cornerback with the San Diego Chargers, signed autographs for service members and their families during a walk-through practice on the parade field here Aug. 8.



Lance Cpl. Christopher O'Quin

Sgt. Richard Gilbert, a scout sniper with the Wounded Warrior Regiment at Camp Pendleton stands with running back LaDainian Tomlinson after getting his football autographed during the Chargers walk-through here Aug. 8.



## Build a stronger bond with spouse

The Prevention and Relationship Enhancement Program (PREP) helps couples learn communication skills that give them the ability to tell each other what they need in a manner that brings partners together, rather than pushing them apart. Call 858-577-1333 for more information on this free program for military families.



*Cpl. Scott McAdam*

Marine Corps Air Station Miramar prepares couples for a successful marriage by offering class on prevention and relationship enhancement.

## PREPing to take the plunge

**MC3(SW) ADAM HENDERSON**  
Correspondent

The Prevention and Relationship Enhancement program, hosted by the chaplain's office here, helps ensure service members and their future spouses receive the tools required for their life-long commitment.

The day-long class is required for all personnel aboard the air station. It is also available to couples already married.

It teaches service members different ways to handle various marriage problems with interactive counseling techniques.

"Couples learn the basics of marriage in this class," said Navy Lt. Michael A. Chester, a staff chaplain. "The course teaches the couple how to communicate and resolve their issues with one another, before more severe issues arise."

They have the opportunity to apply what they learn during the class in practical application exercises.

The class usually holds about 20 to 30 couples per session, and is held at the base chapel, according to Chester. The class usually lasts eight-and-a-half hours and the couples learn everything from communication skills to planning techniques.

"I think the program offered by PREP helps young couples learn to communicate more effectively to hopefully prevent discussions from turning into

full blown arguments.

Everyone wants to have a happy and fulfilling marriage but often times young couples don't have the life experiences to make it work," said Lt Col. Dan Dowse, Commanding Officer of Headquarters and Headquarters Squadron, MCAS Miramar. "I think a successful marriage revolves around compromise. You can't always have it your way and you can't always give into your spouse. Couples need to be able to strike a balance.

"I know that a happy marriage usually equates to a happy and successful Marine or sailor. Marines and sailors experiencing marriage difficulties or divorce will often carry the burden of that stress to work every day," said Dowse. "It can definitely adversely affect their performance at work."

Although no marriage is perfect, those who attend are better prepared for a successful relationship.

"I think the class is pretty informative and the techniques that they teach us will definitely help us out if we ever have problems," said Pfc. Jessica Buechler, a student at Center for Naval Aviation Technical Training Unit.

Any service member can take advantage of the program regardless of their branch of service.

To sign up or for more information, contact chaplain's office at 858-577-1333 or go to building 5632.

# Green Knight rides Mustang into sunset

**LANCE CPL. AUSTIN GOACHER**  
Combat Correspondent

**POWAY** – When looking down the flight line aboard Marine Corps Air Station Miramar, Calif., dozens of “cranials” dot the landscape. One of those head protection devices stands out amongst the rest – decorated with pink horses.

The cranial belongs to Lance Cpl. Elizabeth Loring, a powerline mechanic with Marine All-Weather Fighter Attack Squadron 121, Marine Aircraft Group 11 (reinforced), 3rd Marine Aircraft Wing, who has been riding horses for nearly 11 years.

“When I was eight I watched a friend of mine riding her horse,” said the 19-year-old. “Afterward I asked my mom if I could learn and I’ve been riding ever since.”

She began training a horse of her own early this year at the Poway Equestrian Center.

“I love training horses and it’s something I plan to do after the Marine Corps,” said Loring, whose

last horse remains in her hometown of San Antonio. “My sister and I trained my last horse.

“My horse back in Texas bonded with another rider while I was in boot camp and we sold it to that rider,” said Loring. “It would have cost a lot of money to bring it out here and now I have a project horse to train instead.”

Her project horse of choice was Diamond. The Mustang, technically considered a pony because of its size, provides Loring with an opportunity to train her own horse.

“She used to be a wild horse in Nevada,” said Loring. “She’d only been ridden around 10 times before I bought her.”

Currently only a few months into her training, Loring has noticed a few trends in the pony’s behavior.

“She’s really smart and catches on quickly,” said Loring. “Her only problem so far is stopping when she gets near the gate.”

Eventually, Loring plans to train Diamond to be a children’s horse.

“Diamond is the perfect size to

work with children and she really likes kids and older adults,” said Loring.

Compared to training horses at home, Loring cites several differences in the way the horse community in San Diego works.

“The horses are also trained in different styles of riding,” said Loring. “Riding at home is pretty flat and out here it’s up in the mountains with a lot of hills. It’s also different riding out here because I don’t know as many people.”

So far, during her months of training, Loring has built a relationship with Diamond.

“The bond we share is amazing,” said Loring. “It’s like having a dog, only bigger.”

Loring spends multiple hours with Diamond throughout the week.

“If I’m sitting in the barracks and want something to do, I know I can always come out and go riding,” said Loring. “The time change was really beneficial because now when I come out after work I can still ride before it gets dark.”



Lance Cpl. Austin Goacher

**POWAY** – Lance Cpl. Elizabeth Loring, a powerline mechanic with Marine All-Weather Fighter Attack Squadron 121, Marine Aircraft Group 11 (Reinforced), 3rd Marine Aircraft Wing, has been riding horses for more than half her life. The 19-year-old hopes to train her current horse, Diamond, to work with children. Loring spends countless hours riding and working with her horse.



# Double Dogs: Marine twins serve together

**LANCE CPL. CHRISTOPHER O'QUIN**  
Combat Correspondent

A group of Marine crash crewmen work diligently to extinguish a fire on the Marine Corps Air Station Miramar flight line during training.

After extinguishing the fire, two of the crewmen remove their visors revealing the faces of near identical twins.

Cpl. Brian T. Ziomek and Lance Cpl. Joey T. Ziomek, serve with Marine Wing Support Squadron 473, Marine Aircraft Group 47, 4th Marine Aircraft Wing, here as crash crewmen.

"We joined because we felt it was the best choice for us to make," said Joey. "The Marine Corps offer us college opportunities and the chance to help build our firefighting career."

Brian enlisted in the Marine Corps October 2004, after completing high school. Joey then fol-

lowed in his brother's path onto the yellow footprints a month later.

"Serving together is enjoyable," said Brian. "We're glad we chose the same field. We got lucky being able to work in the same unit for the past few years."

Together, they attended the Louis F. Garland Department of Defense Fire Academy at Goodfellow Air Force Base, Texas for their training. After they completed school, the twins checked into MWSS-473.

When the brothers are not training with their squadron, they spend their time attending Southwestern Community College and working as professional life savers in the civilian sector. Brian works as a firefighter with the U.S. Forest Service and Joey works as an emergency medical technician with American Medical Response in San Diego.

"I've worked with them for a

few years, we went to fire school together and checked into this squadron together," said Cpl. Robert W. Hitchman, a crash crewman with the squadron. "They're like my brothers."

The brothers continually train to safely extinguish fires with the squadron by conducting drills and practicing using their equipment.

"They are a couple of diligent Marines. I couldn't say enough about them," said Sgt. Martin L. Fiorentino, a platoon commander with the aircraft and rescue fire fighting, MWSS-473. "They add some extra knowledge to our sections with their college education. If I had a twin with me in the Marine Corps that would be cool."

The Ziomek's intend to continue their career with the squadron and by attending college, to add to their lifesaving skills. Brian hopes to one day become employed with the San Diego fire department.

Joey intends to continue serving as



Lance Cpl. Christopher O'Quin

Cpl. Brian T. Ziomek and Lance Cpl. Joey T. Ziomek serve with Marine Wing Support Squadron 473, Marine Aircraft Group 47, 4th Marine Aircraft Wing, here as crash crewmen. When the twins are not working with the squadron, Brian works as a U.S. Forest Service firefighter and Joey works as an emergency medical technician in San Diego.

an EMT. Both intend to continue their Marine career.

"Just because we are brothers doesn't make it any harder or easi-

er. I already have a family here with my fellow Marines," said Brian. "These guys make us our own band of brothers."

# US swimmers continue to turn heads

**LANCE CPL. MICHAEL STEVENS**  
Combat Correspondent

*Editors note: Lance Cpl. Stevens is an avid sports fan and a regular sports contributor to the Flight Jacket.*

It is unquestionable that Jason Lezak's anchor performance in the men's 4x100 freestyle swimming relay was one of the greatest performances by an athlete ever.

Fueled by adrenaline and the desire to win for his teammates, Lezak caught up to France's Alain Bernard with 25 meters left in the race and took him to the wall, out-touching the freestyle record holder by .08 seconds.

Although he has no individual world record to show for it (his 100-meter split of 46.06 seconds is faster than the world record, but only first-leg relay swimmers offi-

cially qualify to break records), when he out-touched Bernard to win the U.S. its first gold medal in the event since the 1996 summer games in Atlanta, Lezak and his team members had squashed the relay world record by nearly four seconds.

It would be unwarranted not to mention how extraordinary the race was altogether by all eight relay teams. A total of ten records were broken in that one race alone; five national records, South Africa broke the African Record, France broke the European record, Australia broke the Oceania Record and two world records were broken.

Australian lead-off swimmer Eamon Sullivan set the new world record for the 100-meter freestyle, toppling Bernard's previous mark,

and the U.S. relay team beating their own country's previous world record en route to the gold.

As great a performance each country put on in the event, there is no doubt who the star athlete of the Beijing games is this year.

U.S. swimmer Michael Phelps may just be built by world records and Olympic gold.

Through Wednesday, Phelps had won gold medals in each of his five events, breaking the world record in the three individual events and combining with his teammates to set new world records in his two relay swims. Let's not forget to mention he broke the American 100-meter freestyle record during his first leg of the 400-meter relay.

As great a feat as that is, it's not even close to the history he made with his gold medal finish in the

200-meter butterfly. That gold medal was the tenth in his career, moving him past Carl Lewis and Mark Spitz as the most winning athlete in Olympic history.

The Phelps domination may not be over, as he still has the chance to win three more gold medals and break another Spitz record by winning eight in one Olympics.

The 23-year old has become the face of the United States during his historic run thus far and if his winning trend continues, you may just find him carrying the stars and stripes during the closing ceremony.

How does anyone follow that act? Well, 14 other U.S. swimmers are bringing home gold as well, and the team itself is responsible for 18 of the 29 U.S. medals won through Wednesday.

The 29 total medals are two ahead of the host country for the lead, although China has won more gold medals than any other nation.

Other U.S. key athletes and teams worth mentioning include the men's and women's gymnastic team, each medaling in the team competition portion of those events.

Misty May-Treanor and Kerri Walsh have won each of their two beach volleyball matches while they defend their gold medal. They have now won 103 straight matches in a row, as they look to become the only team in history to repeat as champions in the event.

The U.S. mens basketball team has had two convincing victories early in the tournament, as they look to redeem themselves from the pour showing they had in the Athens games in 2004.



## FRIDAY 15

- All-you-can-eat fish fry  
Fridays for \$7  
11 a.m. - 1 p.m.  
Legends Sports Grill
- All-you-can-eat BBQ  
Fridays for \$8  
4 - 7 p.m.  
Legends Sports Grill
- Scotch and Cigar night  
5 - 7 p.m.  
Officers' Club  
858-577-4808
- Burn your own steak  
5 - 8 p.m.  
Officers' Club  
858-577-4808

- Ends today!  
Youth baseball, T-ball,  
girls softball  
registration  
\$45/person  
858-577-6959

## SATURDAY 16

- Individualized Special  
Education seminar  
9 a.m. - 4 p.m.  
L.I.N.K.S House  
858-577-4668
- Parent's Night Out  
4:30 p.m. - 11:30 p.m.  
Youth Center, \$10/child  
858-577-4136

### MCCS Free Prize Giveaways

**Entertainment Ticket Office:**  
Medieval Times gift pack

**Golf Pro Shop:**  
Round of golf for four with two carts  
**Stop in and fill out an entry form today!**  
Winner will be drawn August 29

- Open Cockpit event 9 a.m. - 3 p.m.  
Flying Leatherneck Museum 858-693-1723

- Inflatable paintball megarena open, 10 a.m. - 5 p.m.  
lot east of the 50-meter pool, 619-228-4446

## SUNDAY 17

- Protestant  
worship service  
9 a.m.
- Roman Catholic  
Eucharist  
11 a.m.

## MONDAY 18

- Baby boot camp  
\*see below
- Alcoholics  
Anonymous  
12-step study group  
6:30 p.m.  
Counseling Center  
858-577-6585
- UCSD at Ed Center  
10 a.m. - 2 p.m.  
ED Center  
858-577-1801

- Youth beach  
volleyball registration  
begins  
ages 8 - 18  
858-577-6959

## TUESDAY 19

- QOL Golf  
2 hours after twilight  
free for Miramar active duty  
858-577-4155
- New parent support play  
morning  
10 - 11:30 a.m., Officers' park
- Adecco Staffing Agency Visit  
9 a.m. - 12 p.m.  
Career Research Center  
858-577-6710
- Happy Hour Buffet  
5 - 8 p.m.  
Legends Sports Grill
- Marine Teen Training  
6:30 p.m.  
Miramar Sports Complex  
858-577-4128

## WEDNESDAY 20

- Free golf clinic  
Active duty service members  
11:30 a.m. - 1 p.m.  
Golf Course, 858-577-4155
- Dollar Day Golf  
\$1 golf all day for Active Duty  
858-577-4155
- Career Resource Center  
"Resume Preparation"  
1 - 3 p.m.  
The Hub, 858-577-6710
- Successful Parenting  
1 - 3 p.m., Counseling Center  
858-577-9812
- Right Hand Man Night  
4 - 6 p.m., Officers' Club  
858-577-4808

## THURSDAY 21

### Shop at the MCX!

**August MCX Sale  
Aug. 13 - 24**

**Labor Day Sale  
Aug. 28 - Sept. 1**

- Ends today!  
Start Smart Golf  
lesson registration  
ages 5 - 7, \$50/6 les-  
sons  
858-577-6959

August 18 - 21 TAMP/TAP regular transition class 7:15 a.m. - 4:30 p.m. The Hub 858-577-6710

**Weekly  
Events...**

- Sports Complex Marine Teen training - Tues. & Sat. 858-577-4128/4129
- Deployment support for preschoolers, elementary and teens - M, T, W 858-577-6959

**Don't  
Miss...**

- SMP Deep Sea fishing trip - August 23
- Miramar Air Show golf classic - September 4
- MCAS Miramar Air Show - October 3, 4 & 5

**"Providing over 100 programs for you and your family"**



- ★ Marine & Family Services
- ★ Marine Corps Family Team Building
- ★ Semper Fit & Recreation
- ★ Free Special Events
- ★ Dining & Clubs
- ★ Shopping & Services

**"Serving Those Who Serve"**  
[www.mccsmiramar.com](http://www.mccsmiramar.com)

### New Parent Support Program - baby boot camp

Baby Boot Camp is offered the third Monday of each month from 9 a.m. to 4 p.m. in the L.I.N.K.S. House, Bldg. 2273. This one-day class is the first step in preparing young Marines to be confident and competent parents. All expectant parents can benefit from this educational and informative class. Infant development, social and emotional changes in the family, baby safety, diapering, bathing, soothing a crying infant, and community resources are just a few of the topics covered. Whether it is a Marine's first baby or third, current information about infant care and local resources is crucial to build strong families. This class provides a solid foundation for infant care. Call 858-577-9812 to register or for more information.

### University of California San Diego coming to MCAS Miramar

University of California San Diego is coming to the MCAS Miramar Education Center, located in The Hub (Bldg 5305) UCSD counselors will visit on Monday, August 18 from 10 a.m. - 2 p.m. Get your questions ready and stop by to talk to one of their counselors. Call 858-577-1801 for more information.

### 101 Days of Summer - performance enhancers and supplements

Stop by the Bob Hope Theater Wednesday, August 20 from 11:30 a.m. - 12:30 p.m. for the Performance Enhancements and Supplements Brief. Learn about different products and gather information on what you need to stay fit and healthy. Call 858-577-7963 to register or for more information.

## ANNOUNCEMENTS

### Gulls vs. Military

San Diego's Pro Hockey team reunites for a one-time military tribute exhibition game August 16 at the San Diego Ice Arena in Mira Mesa. Cost is \$5 and 100 percent of donations will proceed injured vets support groups.

### Win Chargers' Tickets

Stop by the ITT ticket/travel office and guess the number of footballs in the jar for your chance to win two 50-yard line tickets to the San Diego Chargers vs. New England

Patriots game Oct. 12. Entrants must be 18 years or older, active-duty only and one entry per day.

### Lincoln Military Housing

Lincoln Military Housing is available for active duty service members. Contact Christine Davis at 619-566-7667 for information on housing by Lincoln Military Housing.

### 20th Annual Salute to Military

The San Diego Chargers support the Armed Forces with a patriotic

ceremony recognizing military heroes August 25, at the Chargers vs. Seattle Seahawks game at Qualcomm stadium.

### Babysitter Training Course

Register your 13-18 year-old by Aug. 20 for free babysitting training course. The course is Aug. 23 - 24 and teen must attend both days. Snacks and lunch will be provided. Classes take place in the Teen Center, Bldg. 2246. Call 858-577-4121 for more information. Seating is limited, so call soon.



**WHAT'S PLAYING...**  
AT THE BOB HOPE THEATER

### Fri. August 15:

Wanted (R) 6:30 p.m.  
Hancock (PG-13) 9:00 p.m.

### Sat. August 16:

**Swap Meet 8:00 a.m. - 2 p.m.**  
Kit Kittredge: American Girl (G) 1:00 p.m.  
Wall-E (G) 6:30 p.m.  
Meet Dave (PG-13) 9:00 p.m.

### Sun. August 17:

\*Love Guru 1:00 p.m.  
\*Get Smart (PG-13) 6:30 p.m.

### Wed. August 20:

Hellboy II: The Golden Army (PG-13) 6:30 p.m.

### Thurs. August 21:

Kit Kittredge: American Girl (G) 2:00 p.m.  
Meet Dave (PG) 6:30 p.m.